

TURF TIME!

Heritage Sports Center • 120 South 30th Avenue

In recognition of Athletics as a pathway to strong character and service ethics, we are bringing in UMD Student Athletes to conduct fun games and activities on the indoor turf that will foster fitness, social ties and good sportsmanship. Sample Activities:

Kickball • Flag Football • Disc Golf • Soccer
Parachutes • Relays • Obstacle Courses

SPRING: April 25-May 30
Thursdays 4:30-6:30 PM

SUMMER: June 20-August 22
Thursdays 1:00-3:00 PM

Appropriate ages 7 - 17. Participants will be divided by age, ability and interests. Parents / Guardians must register children on-site and are encouraged to participate. A healthy snack will be provided after each session. Space is limited. This activity is FREE.

For more information and to register call 730-4322

Also, be sure to check out

Ultimate Frisbee Wednesdays

Learn how to play the game of Ultimate Frisbee! It's a fun, fast-moving game similar to football, played with a frisbee but with very little physical contact. Show up for direction, skill practice and pick-up games with well-seasoned players.

Ages: Youth ages 7-17. Dates: Wednesdays, April 17-May 22
Time: 7:00-8:00 PM • Cost: Free

